



De Anza College
 Nutrition 62G Winter 2019
Dieting: Sifting Fact from Fiction 1 unit



Instructor

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Write "NUTR 62G" in the subject line

Office Hours

Tuesdays and Thursdays 4:15 - 5:15 pm

Virtual: On Zoom Wed 8-10 am

During the week of final exams, office hours are by appointment only.

Office Location

SC 1210 (2nd floor of Building 1 of the Science Center). Use the phone outside the building door to call my extension (5576)

Welcome to Nutrition 62G. This class will undoubtedly affect the way you think about dieting and weight loss. We often have complex relationships with food and our body weight. I invite you to have an open mind as you explore the dynamic, powerful and meaningful topics in this course.

Cheers, *Anna*

COURSE DESCRIPTION: Causes of obesity; evaluation of popular weight control diets and programs and effective methods of weight loss.

Note: This course provides applicable information for the person who wants to lose weight or maintain weight loss. It also provides value to professionals such as personal trainers, coaches and nurses who work with people managing their weight.

This course resides on **Canvas**, accessible from MyPortal. The course becomes open to students on the Friday before the first

day of the quarter.

Prerequisites: None

Required Text: *Thin for Life* by Anne Fletcher. 2003.

Student Learning Outcome (SLO): Analyze weight loss diets, programs and supplements, determining effective strategies for healthy and lasting weight loss.

DO THESE 2 TASKS IN THE FIRST FEW DAYS OF THE QUARTER....OR ELSE YOU WILL BE DROPPED!

You must log onto the course on Canvas and complete the following 2 tasks by **noon on Friday** of the first week of the quarter: 1) Fill out a short questionnaire 2) Submit your first introductory post

⇒ **IMPORTANT:** *Students who have not completed all 3 tasks noon on Friday of the first week of the quarter will be dropped from the course on Friday.* Students who add the class have 3 days to do these tasks once they are registered.

NOTE: Nutrition 62G is not a self-paced course. Material, which becomes available each week of the first 6 weeks of the quarter, needs to be read within the time frame outlined in the course.

GRADING PROCEDURE

Orientation Quiz	10 points
5 Content Quizzes (10 points each)*	50 points
Assignment: Writing your Action Plan	15 points
Final Test	15 points
Participation	<u>10 points</u>
Total Possible Points	100 points

*6 course content quizzes are taken. The lowest score is dropped

Grading Scale: A = 90 –100 points B = 80 – 89 points C = 70 – 79 points D = 60 69 points F = <60 points

⇒ **TAKE NOTE**
There will be no extra credit points offered in this class

ORIENTATION QUIZ

This quiz will open the first day of the quarter (Monday) at 6 am and close the following Sunday night at 11:59 pm. It will consist of 10 True/False and Multiple choice questions, taken from the information found in the Orientation Module and the course syllabus. Students will have up to 60 minutes and one opportunity to take it. This quiz score cannot be dropped.

COURSE CONTENT QUIZZES

6 quizzes will be opened on Canvas for 1 week only, from Monday morning at 6 am until Sunday evening at 11:59 pm. See the Course Schedule (last page of this Course Syllabus) for the dates. One quiz score (the lowest) will be dropped from your cumulative score. **There are no make-up quizzes.** If you miss one that is the score that is dropped. The quizzes consist of 10 questions, True/False and Multiple Choice. Students have one opportunity to take a quiz. The time limit is 15 minutes. **NOTE:** In order to see the answer key to a quiz you must have taken it.

WHAT WILL EACH QUIZ COVER?

ORIENTATION QUIZ: The course syllabus and Orientation Module on Canvas

QUIZ 1: VL (Virtual Lecture) #1 and reading assignment for Week 1

QUIZ 2: VL #2 and reading assignment for Week 2

QUIZ 3: VL #3 and reading assignment for Week 3

QUIZ 4: VL #4 and reading assignment for Week 4

QUIZ 5: VL #5 and reading assignment for Week 5

QUIZ 6: VL #6 and reading assignment for Week 6

FINAL TEST

The Final Test will be open for 1 week (Week 10). It will consist of 15 questions, True/False, & Multiple Choice. You will have a maximum of 25 minutes, and one opportunity to take it. The questions will cover any topic in the course; they will be taken from the course content quizzes, though possibly modified. **NOTE:** In order to see the answers to a quiz, you must have taken the quiz.

ONLINE DISCUSSIONS

For Weeks 1-6 of the quarter, each week there will be 3 or more Discussion Topics posted. The Discussions will cover a wide range of topics related to weight issues and dieting. Students will submit posts and replies to classmates' posts. The Discussions are open for one week only. **Be aware of the deadlines to post for a given week.** (You will see the the deadline date for each week of Online Discussions, on Canvas.) The discussions provide opportunities for further learning and exploration of the topics for that week as well as offering and receiving support in weight loss efforts. Posts are not graded but count as "participation".

PARTICIPATION

Participation is accomplished through posting on the Online Discussions, both as initial posts and replies to a classmate's post. To earn the maximum of 10 Participation Points, students must:

- Submit a post on a minimum of 3 Discussions – but they must be in 3 different weeks. If you post on 3 discussions in one week, that still counts as 1 post.
- Submit at least 3 replies, also on 3 different weeks. *Your reply must be on a different topic than the one you submitted your post on.* (You're welcome to post on the same discussion, but it won't count towards "participation".
- Submit a post that is thorough (all questions answered), on topic (not drifting off topic), not a repeat of what previous students have written (when applicable), and written at the level of a college paper.
- Submit a reply that adds to the discussion. A reply of "Yeah, I agree with you" does not qualify.
- Read the **Guidelines for Writing Discussion Posts** on Canvas before you submit your first post.

ASSIGNMENT: WRITING YOUR ACTION PLAN

Students will write and submit a personal Action Plan for lifestyle change to achieve weight loss or weight loss management. Instructions will be posted on Canvas in Week 6. You will submit your Action Plan online. It is due in Week 9 of the quarter. Late submissions will be accepted, with 2 points deducted for every day that it is submitted late.

Frequently Asked Questions



Q. How do I contact my instructor?

A. The quickest way is to e-mail me: milleranna@fhda.edu. Write *NUTR 62G* in the subject line.

Q. Do I have to buy the textbook?

A. No. Although the book is available to purchase from the DeAnza bookstore, it is also available at some public libraries. Used copies can also be found for purchase. A copy is on reserve at the DeAnza library. You **DO** need to read the assigned sections of the book to do well on the quizzes.

Q. Do I have to go on a diet or try to lose weight to do well in this class?

A. No. You do not have to change your eating or exercise habits whatsoever while in this class.

Q. Can I progress in this class at my own pace, as long as I finish everything by the end of the quarter?

A. No. The materials for each week, the quizzes and assignments must be done during the open times below.

	Topic	Reading Assignments	Quizzes, Due Dates
Week 1 Jan 7-13	What is a "healthy weight"? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) Textbook: Introduction, Chapter 1, & pp. 45-46	Orientation Quiz Opens Mon 6 am Closes Sun 11:59 pm
Week 2 Jan 14-20	Fad Diets	VL #2 & Textbook: Chapters 2 and 3	
Week 3 Jan 21-27	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	VL #3 & Textbook: Chapter 4	Online Quiz 1 Opens Jan 21st at 6 am Closes Jan 27th at 11:59 pm
Week 4 Jan 28-Feb 3	The Role of Exercise	VL #4 & Textbook: Chapter 7	Online Quiz 2 Opens Jan 28th at 6 am Closes Feb 3 rd at 11:59 pm
Week 5 Feb 4-10	Emotional Eating	VL #5 & Textbook: Chapters 6 & 8	Online Quiz 3 Opens Feb 4th at 6 am Closes Feb 10th at 11:59 pm
Week 6 Feb 11-17	Identifying Obstacles & Brainstorming Strategies What it Takes to Lose Weight For Good	VL #6 & Textbook: Chapters 5, 9 & 10	Online Quiz 4 Opens Feb 11th at 8 am Closes Feb 17th at 11:59 pm Action Plan Instructions posted
Week 7 Feb 18-24	There is no additional course content	No additional reading assignments	Online Quiz 5 Opens Feb 18th at 6 am Closes Feb 24th at 11:59 pm
Week 8 Feb 25-Mar 3			Online Quiz 6 Opens Feb 25th at 8 am Closes Mar 3rd at 11:59 pm
Week 9 & 10 Mar 4-17			Action Plan is due Mar 10 th at 11:59 pm Final Test opens Mon Mar 11 th at 6 am and closes Sun March 17 th at 11:59 pm